

# Mindfulness for Kids

## Guided Meditation Script

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts?  Heart?  Body?  None

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



### Mindfulness for Kids

In this exercise,  
I'll share some of the fundamentals of mindfulness  
And how it can be useful for people your age.

The practice of mindfulness is simple:  
It's simply moment-to-moment, nonjudgmental awareness.

That means it's awareness of some part of your experience,  
Like physical sensations, sights, sounds and smells  
That are happening in each unfolding moment,  
Without labeling them as good or bad, right or wrong.  
Just the pure noticing  
of actual experience  
as it's happening.

That's it. Pretty simple right?  
Unfortunately, what's simple is not always easy.  
Try bringing awareness to the sensations of your belly as you breathe.  
Go ahead.  
Breathe deep inhales and exhales,  
Focusing on what it feels like to breathe in the belly  
Without judging anything as good or bad, right or wrong.

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(15 seconds)

How did that go? Were you able to do it the whole time?  
Chances are, it was more difficult than you anticipated.  
Perhaps your mind wandered.  
Perhaps there was judgment, doubt, insecurity, boredom, or worry.

Fortunately, there are a wide variety of mindfulness tools  
That we'll review in this path  
That will help you to stay in the present moment,  
to cultivate empathy,  
To build skills for concentration and impulse control,  
And to navigate the many challenges that you face  
of growing up amongst your peers.

The more you practice mindfulness each day,  
The more value you'll see of slowing down,  
disconnecting from digital devices for periods of time,  
and simply breathing.

I encourage you each day to spend some time in digital detox,  
in stillness  
and in mindfulness.

Excellent. Well done.

So, to recap:

The practice of mindfulness is simple:  
It's simply moment-to-moment, nonjudgmental awareness.

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I hope some of this has been useful for you.  
Thank you for your mindfulness!

